

# HOMeward BOUND

Indiana's 5K Walk to Provide Housing and Fight Homelessness

## Walk a day, Change a life

### Neighbors helping Neighbors

Have you ever thought of what your life would be like if all of the sudden you weren't able to take care of your family or yourself? What if you suddenly couldn't afford food, your house is being foreclosed, you lost your job? There are so many things that could happen in a split second that could completely change your life. Thanks to the help from many organizations in the Bloomington Area, an individual going through a crisis or emergency has a support network to which to turn. Everyone has a different scenario to their life and you can help change those whose lives are in a less fortunate position by participating in the Homeward Bound Walk.

Bloomington has a network of agencies that can help prevent poverty and help those who are living in lower income situations. All of the agencies listed below are sponsors of the Homeward Bound Walk. Each offers services that can help prevent hunger, a lack of shelter, or a lack of basic needs. The following agencies provide shelter and/or assistance programs: Amethyst House, Area 10 Agency on Aging, Centerstone, Monroe County United Ministries, the Shalom Center, Stepping Stones, and the Youth Services Bureau. Additionally, Hoosier Hills Food Bank, The Community Kitchen, MCUM, and Mother Hubbard's Cupboard assist local citizens with meeting their basic food needs.

The Bloomington Homeward Bound Walk and 10 other statewide walk sites raise money to support local agencies to help citizens that may need assistance. Last year, \$336,710 was raised statewide and nearly \$60,000 was raised at the Bloomington Walk alone, through in-kind and monetary donations to help our community. All of the money donated stayed local.

The 8<sup>th</sup> annual Homeward Bound walk will take place April 18, 2010. The walk will begin at noon at Third Street Park. It is a 5k walk that will take you through downtown Bloomington and Indiana University Campus. Walkers will be entertained along the route by local artists. Local musical groups will also take the main stage at Third Street Park, along with refreshments and children's activities. Homeward Bound is a family event. Anyone can enjoy the festivities of the day, and walk to help raise awareness of homelessness in our community.

You can help change the life of a families and individuals living in our community. You can make a difference by walking just one day. So, come *Walk a day, Change a life!*

### The Agencies that Stepped-UP:



Amethyst House provides structured living environments, treatment, for those struggling with substance abuse



Monroe County United Ministries offers subsidized childcare and help with living expenses



Centerstone provides behavioral healthcare and offers mental health, substance abuse and educational services



Hoosier Hills Food Bank collects and distributes nutritious food to organizations, with free feeding programs



Martha's House provides an overnight shelter with the professional social services to help with self-sufficiency



Youth Services Bureau of Monroe County provides services to strengthen families and foster positive development



Community Kitchen provides free nutritious meals, education, and referrals to other agency services



Mother Hubbard's Cupboard is a community food pantry that offers healthy groceries and nutrition education



Shalom Community Center provides access to food, housing, education, and health and human services



Area 10 Agency on Aging works to improve quality of life for senior citizens



Middle Way House seeks to end abuse of women and children through programs aimed at individual and social change



Stepping Stones provides a structured environment for young people to hone independent living skills

## Featured Agencies: Monroe County United Ministries and Amethyst House

**Monroe County United Ministries** also known as MCUM is a local organization that gives support to lower income families. They offer subsidized child care services, youth summer camps, basic needs assistance, emergency assistance and also food and personal care goods. You can donate non perishable foods, clothing, cell phones, household goods, and things for personal care and don't forget donations are always greatly appreciated and essential from the community.

### Things You Can Donate to MCUM

books	gloves	shoes
Canned goods	Laundry soap	soap
Cell phones	money	sweaters
clothing	Personal care	time
coats	scarves	Tooth brushes
donate	shampoo	toothpaste
food	shirts	toys

T Q T O O T H P A S T E X N K W Z W  
H B I J E T I U O I G T M O W P W S  
S Q N K C H Q S T Z D O G C V A D Y  
R R T O O T H B R U S H E S D O X H  
N C D J L F I W K O R B F H O S A Z  
G S M G V V L P J R P S N G R Y W F  
M E M E P A C Z C M H A D T F R R R  
O V S L R T X Y S A E E O X B D V F  
N O E G R A R A M S N C W S C N P O  
E L N N O J C P E N S T Y S C U C O  
Y G O I S M O L A S E O H S N A R D  
S R H H W O O C A Q S I C B J L M O  
C O P T E I H W C N R V P Y J A F N  
A M L O A E C B N T O I Q S D N K A  
R M L L T M S O S E D S T U F W R T  
V M E C E I Y O P I V A R S K Q G E  
E K C T R T O K R X O V G E F B N G  
S V E T S T T S V C R J X T P Y V C

**Amethyst House** is a network of half way houses located in Bloomington where drug free, safe housing is provided to both men and women. Women can bring children ages 6 and younger to live with them. In order to live in Amethyst House, you must apply and qualify for residency. Typically they encourage clients to stay at least 6 months, but some stay longer and some stay less, it just depends on each individual's situation. Case workers come to the houses to work with the clients, and programs such as Alcoholics Anonymous meetings and Intensive Outpatient Program classes. Residents are also required to attend house meetings once a week. Amethyst House has 3 locations. Their main office is located off of College, there they work with outpatient care and provide classes and education on addiction. The women's house is located at Madison and Second Street and the men's house is located at 7<sup>th</sup> and Rogers street.

## Homelessness Facts

- Monroe County's housing costs are among the highest in the state.
- 27% of Monroe County residents are experiencing poverty.
- 5.7% growth in the amount of residents in Monroe County living in Poverty from 2006-2007.
- 175 Kids in Monroe County School District are homeless. That's an increase of 151 kids last year.

*Statistics from 2009 US Census Bureau  
American Community Survey; 2009  
McKinney-Vento Act*

## How to Get Involved

- Go to [Homewardboundindiana.org](http://Homewardboundindiana.org) to learn more about the walk.
- Walk!
- Become a corporate or community sponsor
- Form a team and fundraise
- Volunteer the day of the walk
- Make a monetary donation
- Make an in-kind donation of you talents, goods, or services



**The 8<sup>th</sup> Annual Walk will be taking place:**

**Sunday, April 18<sup>th</sup>, 2010  
Noon-3:00PM  
Third Street Park**